

**Probation Planning Sheet**

*Give these four questions some thought and take some time to answer them. You can ask someone to help you if you need to. This information will help you be more successful on probation.*

**1. What do you think that you do well? Check all that apply:**

<input type="checkbox"/> Can Solve Problems <input type="checkbox"/> Community Involvement <input type="checkbox"/> Education <input type="checkbox"/> Financial Stability <input type="checkbox"/> Health <input type="checkbox"/> Job Training <input type="checkbox"/> Physically Active <input type="checkbox"/> Positive Significant Relationship <input type="checkbox"/> Pro- social Family	<input type="checkbox"/> Pro- Social Friends <input type="checkbox"/> Sobriety <input type="checkbox"/> Spirituality <input type="checkbox"/> Stable Housing <input type="checkbox"/> Stable Job <input type="checkbox"/> Other _____ Is there anything you wish you were better at? _____ _____
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- **List any other strengths or good qualities, abilities or hobbies that are not listed above that you consider to be positive things about yourself:**

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- **How will you use your strengths, good qualities or abilities to help you stay out of trouble?**

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- **Who do you know that can help you while you are on probation so that you can be successful?**

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**2. Why do you think you get into trouble? Check all that apply:**

<input type="checkbox"/> Alcohol use	<input type="checkbox"/> Family
<input type="checkbox"/> Friends	<input type="checkbox"/> Housing Issues
<input type="checkbox"/> Anger	<input type="checkbox"/> Impulsiveness
<input type="checkbox"/> Anxiety	<input type="checkbox"/> Job Issues
<input type="checkbox"/> Attitude	<input type="checkbox"/> Mental health Diagnosis
<input type="checkbox"/> Boredom	<input type="checkbox"/> Money Issues
<input type="checkbox"/> Depressed	<input type="checkbox"/> Physical Health
<input type="checkbox"/> Difficulty Solving problems	<input type="checkbox"/> School
<input type="checkbox"/> Drug Use	<input type="checkbox"/> Other _____

- **What other problems do you have that are not listed above?**

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- **Which area do you think most impacts you getting in trouble?**

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- **Which area do you think you should work on first in order to be successful on probation?**

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- **What will be different in your life if you are successful?**

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**3. Who do you think was impacted by your crime?**

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- **What do you think the impact was to those people?**

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- **Looking back at what happened, what could you have done differently?**

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- **What can you do now to make it better?**

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**4. How do you think the community was impacted or hurt by your crime?**

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- **What do you think you can do to help the community?**

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**Goals and Steps to be Successful**

- **What GOALS do you have that will help you be successful on probation and will help you resolve your problems?**

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**ACTION PLAN: What steps will you take to work on this problem? (*This might include special conditions of probation as well as other things*)**